

# Diabetes Update

## RSS Diabetes Service

### Welcome to the June issue of Diabetes Update

This newsletter is designed to keep our staff and partners in health up-to-date on diabetes related information, our activities and accomplishments.

The Rural Support Service (RSS) Diabetes Service welcomes and encourages your input to this publication and would be delighted to hear of any service improvement activities, community groups, staff achievements that you know of, or any new ideas you may have, to include.

### Diabetes Service patient and professional resources

#### Website

The [Diabetes Service](#) website offers access to a rural directory of key diabetes service contacts, policies, guidelines and patient and professional educational resources.

#### Factsheets and Resources

Patient education resources developed by Diabetes Service are available on the [Regional Health Hub Intranet](#) and our [Diabetes Service](#) website.



The following factsheets have been updated. Click on the title to download.

1. [Diabetic Ketoacidosis Management in Adults with Type 1 Diabetes - Protocol](#)
2. [Hyperglycaemic Hyperosmolar State Management in Adults with Type 2 Diabetes - Protocol](#)
3. [Intravenous insulin Infusion - Clinical Support Guide](#)
4. [Medication for type 2 diabetes - Fact sheet](#)
5. [SGLT2 Inhibitors - Medication for type 2 diabetes - Fact sheet](#)

### General Information

#### RSS Diabetes Educators 2 Day Workshop

The RSS Diabetes Educators Workshop was held on the 28th and 29th May 2020 via videoconference and was well attended by the rural and remote Credentialed Diabetes Educators (CDE) and Diabetes Educators (DE).

The program offered presentations on Diabetes Management during the COVID-19 Pandemic, Alcohol and Drug Information Services, Illicit Substances and Clinical Risks, Cardiology, Aboriginal Health and the Medtronic 670G MiniMed™ System with Auto Mode Basal Insulin.

The CDEs and DEs were also given the opportunity to provide a presentation of their services and to highlight a recent project which either improved the safety and quality of services offered or improved efficiencies in service provision.

The evaluation identified that the program was well received and highly relevant to clinical practice. Due to COVID-19 restrictions, networking via videoconference was limited but the information shared and lively discussion was invaluable!



Associate Professor Steven Stranks, Director of Endocrinology and Diabetes, Southern Adelaide Local Health Network and participants at the RSS Diabetes Educators 2 Day Workshop.

## COVID -19 pandemic and telehealth

The COVID-19 pandemic has impacted many organisations and there are many elements of risk to manage. The current telehealth arrangements are in place until the 30th September 2020 and the Australian Government is currently reviewing how the telehealth items are being used and over the coming months will be considering what, if any, arrangements continue beyond that date.

Feedback from health professionals on their use of telehealth services is requested and in particular, what changes have been noted to clinical practice, education and training.

The National Association of Diabetes Centres seeks feedback from its membership via [survey monkey](#), the ADEA seeks feedback from CDEs and DEs via the [ADEA](#) website.

## Lantus® (insulin glargine 100units/mL) - Discontinued

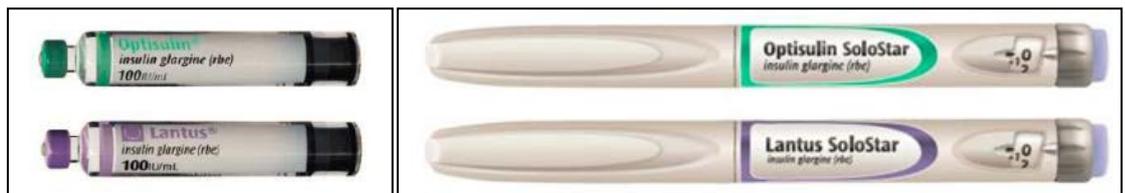
Lantus® (insulin glargine 100units/mL) to be delisted from the Pharmaceutical Benefits Scheme (PBS) as of 1st July 2020. The South Australian Formulary Committee (SAFC) consulted with the SA Health Heads of Endocrinology to examine and discuss the biosimilar and brand equivalent products available, their use and experience and their availability in 3mL cartridge presentations and in a prefilled pen device. Feedback from the consultation indicated that whilst there is some support for biosimilar insulins in the primary care setting, the majority indicated a preference for Optisulin®.

Optisulin® (insulin glargine 100units/mL) has the same formulation as Lantus®, as Optisulin® is a brand equivalent, not a biosimilar. No dose adjustment is required when transitioning from Lantus® to Optisulin®.



Lantus® is a brand that has been available for many years, is quite identifiable. There is however, potential for confusion. The Optisulin® cartridges and prefilled pen device are branded differently but the techniques required for administration has not changed.

Optisulin® 3mL Cartridges and Solostar Pen Device compared to Lantus®



## New screening program for families with type 1 diabetes

Type1Screen is a new national program funded by JDRF, providing free islet autoantibody testing to family members of those living with type 1 diabetes.

Type 1 Screen uses a blood test to look for autoantibodies against pancreatic islet cells. People who have two or more islet autoantibodies, but are otherwise asymptomatic, are defined as having stage 1 type 1 diabetes. This subclinical stage can last for months or years, but most people with multiple islet autoantibodies will eventually develop type 1 diabetes.

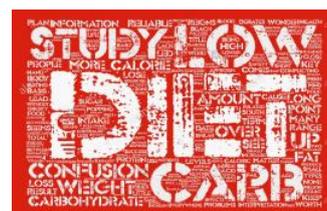
The benefits of diagnosing type 1 diabetes at this initial stage, rather than after the onset of physical symptoms, could significantly reduce the risk of diabetic ketoacidosis (DKA). In addition to being a medical emergency that can be fatal, DKA also causes significant psychological stress for families and can lead to poorer long-term outcomes for people with type 1 diabetes. The benefits of monitoring and management at an early stage enables people with stage 1 type 1 diabetes to be offered the opportunity to enrol in clinical trials of preventative therapies.

General population screening programs for type 1 diabetes are currently in trial in both the United States and Germany. JDRF is working towards a pilot study to assess the potential benefits of islet autoantibody screening in Australia, as well as the psychological impacts, and attitudes of healthcare professionals and people with type 1 diabetes towards the program.

For further information, please visit the [JDRF](#) website.

## Low carbohydrate diet

Low carbohydrate diets, including low carbohydrate high fat and ketogenic (keto) diets have been gaining popularity in the general population, particularly for weight loss, but also in people with diabetes, as a way of managing blood glucose levels.



A major benefit of low carbohydrate diets is the elimination or reduction of processed starches and added sugars. However, low carbohydrate diets also typically restrict foods (eg whole grains, legumes, fruits and some vegetables) which are important sources of vitamins, minerals and dietary fibre and are the basis of eating patterns associated with a reduced risk of chronic disease and all-cause mortality.

There is evidence that low carbohydrate diets, particularly those high in animal foods, can worsen insulin sensitivity, increase type 2 diabetes risk and increase overall mortality. In addition, consuming more fat and protein, particularly from animal sources, has been shown to negatively impact the gut microbiome, potentially increasing inflammation and risk of gastrointestinal disease including colon cancer.

Based on research to date, there is insufficient evidence to support specific macronutrient recommendations for individuals with diabetes. Dietary intake recommendations in diabetes management should consider cultural background, personal preferences, co-morbidities, socioeconomic factors, physical activity and medication regimen.

However, if someone with diabetes is considering a low carbohydrate diet, it is important that they are referred to an Accredited Practising Dietitian for assessment and individualised medical nutrition therapy. If they are prescribed diabetes medications, medical advice should be sought prior to starting a low carbohydrate diet due to the increased risk of hypoglycaemia (eg sulphonylurea and/or insulin) and euglycaemic diabetic ketoacidosis (eg SGLT2).

## Useful resources

### Alcohol and Drug Information Service (ADIS)

The Alcohol and Drug Information Service (ADIS) is a confidential information, counselling and telephone line which is open from 8:30am until 10:00pm, 7 days a week, every day of the year.

This free service offers:

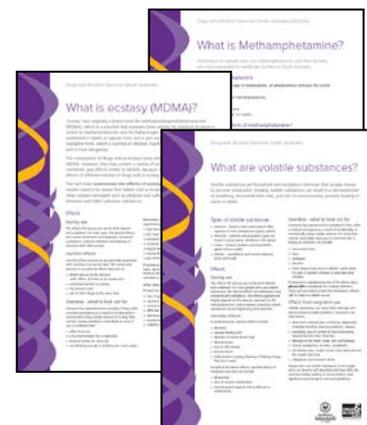
- > information about alcohol, illegal drugs and some prescription drugs.
- > counselling and professional assistance to help you deal with and understand your own or another person's alcohol or other drug problem.
- > referral options if you require further assistance.
- > pamphlets on alcohol and other drug related information and services.

For further information, please visit the ADIS website ['Know Your Options'](#).

### Drug and Alcohol Services South Australia

The Drug and Alcohol Services SA offer drug specific fact sheets including amphetamines, cannabis, cocaine, ecstasy (MDMA), hallucinogens, heroin, methamphetamine, medication assisted treatment for opioid dependence (MATOD), steroids and volatile substances.

For further resources, pamphlets, posters, professional and research publications available, please visit the [DASSA](#) website.



### Calendar dates

Due to COVID-19, a number of face to face conferences have been cancelled and or rescheduled, including:

- > **ADIPS – SOMANZ.** The Joint Scientific Meeting has been rescheduled to the 23<sup>rd</sup> -25<sup>th</sup> July 2021 at the Hotel Grand Chancellor, Hobart. For further information, visit the [ADIPS](#) website.
- > **38<sup>th</sup> CRANaplus Conference** has yet to be rescheduled. For further information, visit the [CRANaplus](#) website.
- > **Australian Diabetes Congress** has been rescheduled and will now be held virtually from the 11<sup>th</sup> –13<sup>th</sup> November 2020. For further information, visit the [ADC](#) website.

### Professional development and scholarships

#### Australian College of Nursing (ACN) and SA Health Nursing & Midwifery Scholarships

The ACN and SA Health Scholarships aim to support nurses and midwives to explore best practice and translate evidence into sustainable outcomes. A number of scholarships are available at [Nursing & Midwifery Office - SA Health](#) website.

#### ADEA Professional Development

ADEA Online Training Modules and Podcasts offer updates and research in the areas that are relevant to best practice in diabetes management, diabetes care and diabetes education. To access these presentations and past programs, visit the [ADEA](#) website.

### Contact us

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